



# MyST - My Support Team

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A Gwent Partnership Board Service ~ Gwasanaeth Bwrdd Partneriaeth Gwent



# Overview of the MyST Service



# Model of Care

Intensive mental health service for children, young people and their families involved in Childrens Social Care, who have the most complex needs

Whole system approach to provide psychologically informed care, support and interventions

Established value base and model

Enabling young people with complex needs to be cared for in local homes, within families

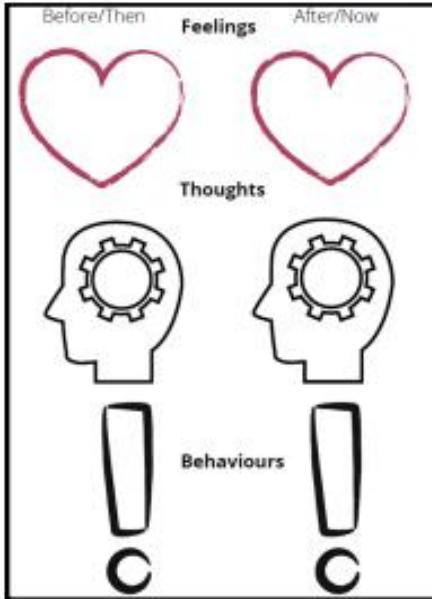
# Models of care

- ▶ People are more involved in deciding where they live while receiving care and support
- ▶ Complex care and support packages are better at meeting the needs of people and are delivered at home or close to home
- ▶ Families get better support to help them stay together
- ▶ Therapeutic support improves and enhances the well-being of care experienced children

# Journey of Young Person

- ▶ Early identification
- ▶ Consultation
- ▶ Identification of community resource
- ▶ Engagement phase
- ▶ Assessment and WARRN
- ▶ Outcomes
- ▶ Ending

# Outcomes & Impact



## Goals

We have created 10 young person centred generic goals. The young person gives themselves a baseline score when setting the goal and reviews every 6 months. If a goal is achieved ratings against that goal continue to be captured providing accurate representation their journey.

## Journey = Impact Pages

We have created journey pages to illustrate young peoples journeys in a relatable format.



**BAC**  
MyST has been using the Brief Assessment Checklist (Tarren-Sweeney, 2013) since March 2018 as a mental health measure, both to assess young people's needs and monitor their progress whilst our work with them takes place.

**BAC-A Brief Assessment Checklist for Adolescents (ages 12 to 17)**

Young person's name: [redacted] Age: [redacted] Gender: [redacted]

How responsive is the young person: [redacted] (e.g. mother, father, aunt, uncle, partner)

Below are statements that describe young people's behaviour and feelings. For each statement, please circle the number that best describes your child in the last 4 to 6 months.

Circle 0 if the behaviour did not happen for this young person in the last 4 to 6 months.  
Circle 1 if the behaviour happened once or twice for this young person in the last 4 to 6 months.  
Circle 2 if the behaviour happened more than twice for this young person in the last 4 to 6 months.

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For each of the following statements:

Circle 0 if the behaviour did not happen in the last 4 to 6 months.  
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# My MyST Journey



Before/Then

After/Now

Caerphilly Borough

Feelings



Too many feelings  
Can't make sense of them

Thoughts

Feelings



Able to identify  
understand feelings

Thoughts



Avoided my thoughts



Trying to make  
sense of my thoughts



Residential Placement  
Sept 22



MyST Involvement  
Dec 22

Behaviours



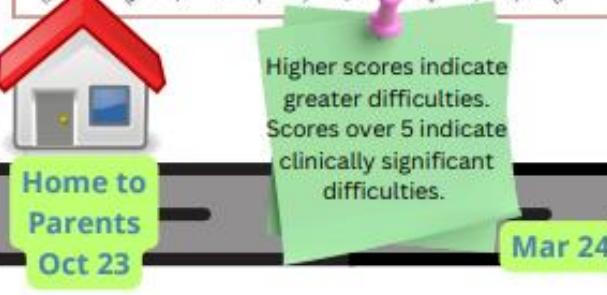
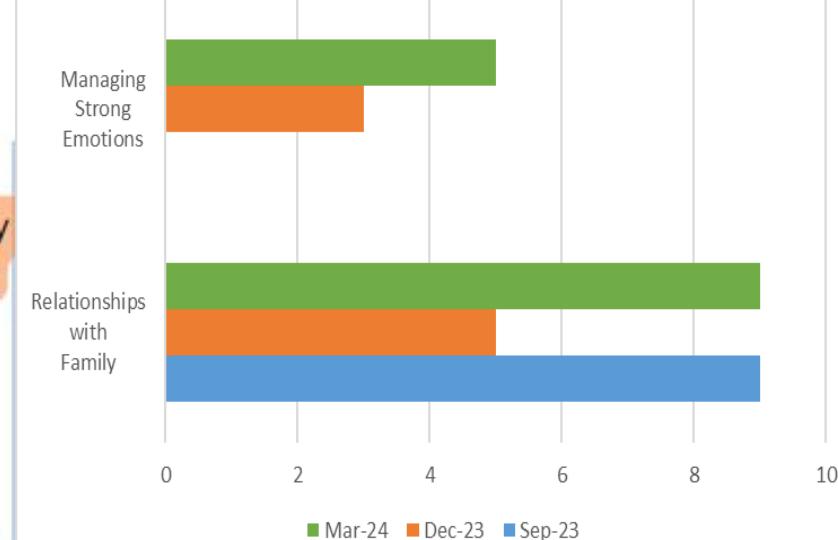
Drugs  
Running away  
Physical violence  
Verbal aggression  
Not going to school

Behaviours



Still has some  
behaviours  
No violence  
No misers

## GOAL PROGRESS



# My MyST Journey



Cost of  
Residential bed,  
**£933 per day**

Cost of Residential  
bed for a 12 month  
period,  
**£339,440**

Blaenau Gwent  
Borough

Actual Savings  
Financial Year 2023- 24 YTD  
(saving includes MyST costings)

**£311,707**

Moved home  
Jul 22

Mar 24

# Key Enablers

- ▶ Our strategic and operational multi agency partnerships and stakeholders investment in the service
- ▶ Commitment, skill, compassion, and passion for this work from our teams
- ▶ Core model which is flexible and adapts to the local LA context and landscapes
- ▶ Strong emotionally connected and relationship-based leadership

# Contact details

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